

Proudly Serving Citizens Of 50 Years Or Better

Murrieta Senior Center

Issue: March 2020

- 5 Town Square, Murrieta, CA 92562
- Phone: 951-304-PARK (7275) Hours: 8a.m.-4p.m.



Senior News

March Riddle

What two things can you never eat for breakfast?

Upcoming Events & Reminders

- Daylight savings time is almost here. Don't forget to set your clock ahead by one hour on Sunday, March 8 at 2 a.m.
- The SNAP-ED Nutrition Workshop continues into March. Join us on March 4, 11, and 18 from 11:30 a.m. to 12:30 p.m. to learn about: shopping on a budget, how to read nutrition labels, and how to make better beverage choices. No sign-ups required.
- Assemblywoman Melissa Melendez is hosting a woman's Self - Defense Workshop. Make sure to attend this free class on Saturday, March 21 from 10 a.m. to 12 noon. For more information and to RSVP, please call 951-894-1232 Please note: this class will be held at the Holiday Inn Express located at: 24761 Hospitality Place, Murrieta, CA 92562

Thank you Sponsors & Volunteers

Popcorn & Movie - Ivonne Welch Insurance Agency

8 Ball - Hubler Insurance

S.I.T.T. - Valley Resource Center

Legal Aid - Anita Milner & Daryl Hansen

VA - Veterans Advocacy Associates

Birthday Cake- California Coast Credit Union

Instructor Spotlight



Kathy Spousta

Kathy is our Longevity Stick Exercise instructor on Tuesdays and Thursday at 9:30 a.m. She took over teaching the class in December of 2019. What's ironic about that, is that the first time she came to the center in 2018, it was to take the class. She ended up loving it so much that she stuck around as a student, and when offered the role of instructor, she gladly took it. One of the most important things to Kathy about the class is that it keeps people moving, active, and social. While she loves coming to the Senior Center she is still quite busy outside of it. One of her main hobbies is sailing, but not just your everyday relaxing sailing, Kathy and her husband like to go sail boat racing! When she isn't busy with teaching class, or racing sail boats, she likes to spend time with her family which includes her eight children, and seventeen grandchildren. Next time you see Kathy make sure to say hello!

Share your memories

Let's make 2020 the year of positivity. Please tell staff one of your favorite memories. It can be of anything, but if it's of the center that's even better!

Next month we will compile everyone's positive memories and put them on a separate page in addition to April's newsletter.



March Birthdays



Ralph Stacy 3/8

HAPPY BIRTHDAY



If you'd like your name to appear on this list, please see staff in the front office to register your birthday.